

## 8-day Centering Prayer Intensive Retreat Videos

	Video	Minutes	Online Session #
<b><i>If there is not a commissioned Presenter these videos can be used to Introduce Centering Prayer</i></b>			
Day 2 morning	The Method of Centering Prayer	20 minutes	3
Day 2 morning	Guideline 3 – Handling Thoughts	14 minutes	4
<b><i>Spiritual Journey Video for the Human Condition</i></b>			
Day 3 morning	<i>Formation of the Home-made Self: The Existential Model Part 1</i>	21 minutes	17
Day 3 morning	<i>Formation of the Home-made Self: The Existential Model Part 2</i>	27 minutes	19
Day 3 afternoon	<i>The Pre-rational Energy Centers Part 1</i>	24 minutes	21
Day 3 afternoon	<i>The Pre-rational Energy Centers Part 2</i>	18 minutes	23
Day 4 morning	<i>Attitudes Toward God</i>	19 minutes	7
Day 4 morning	<i>Frustrations Caused by Emotional Programs</i>	16 minutes	27
Day 4 afternoon	<i>Dismantling the Emotional Programs Part 1</i>	23 minutes	29
Day 4 afternoon	<i>Dismantling the Emotional Programs Part 2</i>	28 minutes	3
Day 5 morning	<i>The False Self in Action Part 1</i>	29 minutes	33
Day 5 morning	<i>The False Self in Action Part 2</i>	26 minutes	35
Day 5 afternoon	<i>The Four Consents Part 1</i>	24 minutes	43
Day 5 afternoon	<i>The Four Consents Part 2 (Bernie)</i>	29 minutes	45
Day 6 morning	<i>Levels of Awareness</i>	8 minutes	47
Day 6 morning	<i>The Seven Moments of Centering Prayer</i>	13 minutes	48
Day 6 morning	<i>Archaeological Dig and Spiral Staircase</i>	11 minutes	49
<i>(Day 6 no video in the afternoon... encourage a half desert/hermit day.)</i>			
Day 7	<i>From Contemplation into Action Part 1</i>	26 minutes	73
Day 7	<i>From Contemplation into Action Part 2</i>	20 minutes	75

Day 4 morning videos Please note: "Frustrations Caused by Emotional Programs" was edited deeply. Showing "Attitudes Toward God" in conjunction with it covers the materials that were edited out.

## 10-day Centering Prayer Intensive Retreat Videos

	Video	Minutes	Online Session #
<b><i>If there is not a commissioned Presenter these videos can be used to Introduce Centering Prayer</i></b>			
Day 2 morning	The Method of Centering Prayer	20 minutes	3
Day 2 morning	Guideline 3 – Handling Thoughts	14 minutes	4
<b><i>Spiritual Journey Video for the Human Condition</i></b>			
Day 3 morning	<i>The Human Condition: The Evolutionary Model Part 1</i>	30 minutes	13
Day 3 morning	<i>The Human Condition: The Evolutionary Model Part 2</i>	25 minutes	15
Day 3 afternoon	<i>Formation of the Home-made Self: The Existential Model Part 1</i>	21 minutes	17
Day 3 afternoon	<i>Formation of the Home-made Self: The Existential Model Part 2</i>	27 minutes	19
Day 4 morning	<i>The Pre-rational Energy Centers Part 1</i>	24 minutes	21
Day 4 morning	<i>The Pre-rational Energy Centers Part 2</i>	18 minutes	23
Day 4 afternoon	<i>Attitudes Toward God</i>	19 minutes	7
Day 4 afternoon	<i>Frustrations Caused by Emotional Programs</i>	16 minutes	27
Day 5 Desert Day (Hermit Day)			
Day 6 morning	<i>Dismantling the Emotional Programs Part 1</i>	23 minutes	29
Day 6 morning	<i>Dismantling the Emotional Programs Part 2</i>	28 minutes	31
Day 6 afternoon	<i>The False Self in Action Part 1</i>	29 minutes	33
Day 6 afternoon	<i>The False Self in Action Part 2</i>	26 minutes	35
Day 7 Desert Day (Hermit Day)			
Day 8 morning	<i>The Four Consents Part 1</i>	24 minutes	43
Day 8 morning	<i>The Four Consents Part 2 (Bernie)</i>	29 minutes	45
Day 8 afternoon	<i>Levels of Awareness</i>	8 minutes	47
Day 8 afternoon	<i>The Seven Moments of Centering Prayer</i>	13 minutes	48
Day 8 afternoon	<i>Archaeological Dig and Spiral Staircase</i>	11 minutes	49
Day 9	<i>From Contemplative into Action Part 1</i>	26 minutes	73
Day 9	<i>From Contemplative into Action Part 2</i>	20 minutes	75

Day 4 morning videos Please note: "Frustrations Caused by Emotional Programs" was edited deeply. Showing "Attitudes Toward God" in conjunction with it covers the materials that were edited out.

## 5-Day Centering Prayer Intensive Retreat Suggested Videos

Video	Minutes	Online Session #
<b><i>The Method of Centering Prayer should be reviewed either on Day 1 or the morning of Day 2.</i></b>		
<b><i>If there is not a commissioned Presenter these videos can be used.</i></b>		
Optional Videos	The Method of Centering Prayer	20 minutes 3
	Guideline 3 – Handling Thoughts	14 minutes 4
<b><i>Spiritual Journey Video for the Human Condition</i></b>		
Video 1	<i>The Pre-rational Energy Centers Part 1</i>	24 minutes 21
	<i>The Pre-rational Energy Centers Part 2</i>	18 minutes 23
Videos 2	<i>Attitudes Toward God</i>	19 minutes 7
	<i>Frustrations Caused by Emotional Programs</i>	16 minutes 27
Videos 3	<i>Dismantling the Emotional Programs Part 1</i>	23 minutes 29
	<i>Dismantling the Emotional Programs Part 2</i>	28 minutes 31
Videos 4	<i>The False Self in Action Part 1</i>	29 minutes 33
	<i>The False Self in Action Part 2</i>	26 minutes 35
Videos 5	<i>The Four Consents Part 1</i>	24 minutes 43
	<i>The Four Consents Part 2 (Bernie)</i>	29 minutes 45

**Below are the links to all Videos that may be shown at an Intensive Retreat.**

<b>If there is not a commissioned Presenter</b>	<b>Video from SJ online class</b>
<b>The Method of Centering Prayer</b> <a href="https://www.contemplativeoutreach.org/course/3-introduction-to-centering-prayer/">https://www.contemplativeoutreach.org/course/3-introduction-to-centering-prayer/</a>	3
<b>Guideline 3 – Handling Thoughts</b> <a href="https://www.contemplativeoutreach.org/course/5-the-method-of-centering-prayer-guideline-3-handling-thoughts/">https://www.contemplativeoutreach.org/course/5-the-method-of-centering-prayer-guideline-3-handling-thoughts/</a>	5

***Spiritual Journey Video for the Human Condition***

<b>The Human Condition: The Evolutionary Model Part 1</b> <a href="https://www.contemplativeoutreach.org/course/13-the-human-condition-the-evolutionary-model-part-1/">https://www.contemplativeoutreach.org/course/13-the-human-condition-the-evolutionary-model-part-1/</a>	13
<b>The Human Condition: The Evolutionary Model Part 2</b> <a href="https://www.contemplativeoutreach.org/course/15-the-human-condition-the-evolutionary-model-part-2/">https://www.contemplativeoutreach.org/course/15-the-human-condition-the-evolutionary-model-part-2/</a>	15

<b>Formation of the Home-made Self: The Existential Model Part 1</b> <a href="https://www.contemplativeoutreach.org/course/17-formation-of-the-homemade-self-the-existential-model-part-1/">https://www.contemplativeoutreach.org/course/17-formation-of-the-homemade-self-the-existential-model-part-1/</a>	17
<b>Formation of the Home-made Self: The Existential Model Part 2</b> <a href="https://www.contemplativeoutreach.org/course/19-formation-of-the-homemade-self-the-existential-model-part-2/">https://www.contemplativeoutreach.org/course/19-formation-of-the-homemade-self-the-existential-model-part-2/</a>	19

<b>The Pre-rational Energy Centers Part 1</b> <a href="https://www.contemplativeoutreach.org/course/21-pre-rational-energy-centers-part-1/">https://www.contemplativeoutreach.org/course/21-pre-rational-energy-centers-part-1/</a>	21
<b>The Pre-rational Energy Centers Part 2</b> <a href="https://www.contemplativeoutreach.org/course/23-pre-rational-energy-centers-part-2/">https://www.contemplativeoutreach.org/course/23-pre-rational-energy-centers-part-2/</a>	23

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<b>NOTE: the two videos below are shown together as one topic</b>	
<b>Attitudes Toward God</b> <a href="https://www.contemplativeoutreach.org/course/7-attitudes-towards-god/">https://www.contemplativeoutreach.org/course/7-attitudes-towards-god/</a>	7
<b>Frustrations Caused by Emotional Programs</b> <a href="https://www.contemplativeoutreach.org/course/27-frustrations-caused-by-the-emotional-programs/">https://www.contemplativeoutreach.org/course/27-frustrations-caused-by-the-emotional-programs/</a>	27

June 2022 questions please contact Leslee Terpay [co-leslee@comcast.net](mailto:co-leslee@comcast.net)

<b>Dismantling the Emotional Programs Part 1</b> <a href="https://www.contemplativeoutreach.org/course/29-dismantling-the-emotional-programs-part-1/">https://www.contemplativeoutreach.org/course/29-dismantling-the-emotional-programs-part-1/</a>	29
<b>Dismantling the Emotional Programs Part 2</b> <a href="https://www.contemplativeoutreach.org/course/31-dismantling-the-emotional-programs-part-2/">https://www.contemplativeoutreach.org/course/31-dismantling-the-emotional-programs-part-2/</a>	31
<b>The False Self in Action Part 1</b> <a href="https://www.contemplativeoutreach.org/course/33-the-false-self-in-action-part-1/">https://www.contemplativeoutreach.org/course/33-the-false-self-in-action-part-1/</a>	33
<b>The False Self in Action Part 2</b> <a href="https://www.contemplativeoutreach.org/course/35-the-false-self-in-action-part-2/">https://www.contemplativeoutreach.org/course/35-the-false-self-in-action-part-2/</a>	35
<b>The Four Consents Part 1</b> <a href="https://www.contemplativeoutreach.org/course/43-the-four-consents-part-1/">https://www.contemplativeoutreach.org/course/43-the-four-consents-part-1/</a>	43
<b>The Four Consents Part 2 (Bernie)</b> <a href="https://www.contemplativeoutreach.org/course/45-the-four-consents-part-2-bernie/">https://www.contemplativeoutreach.org/course/45-the-four-consents-part-2-bernie/</a>	45
<b>NOTE: the Three videos below are shown as one topic.</b>	
<b>Levels of Awareness</b> <a href="https://www.contemplativeoutreach.org/course/47-levels-of-awareness/">https://www.contemplativeoutreach.org/course/47-levels-of-awareness/</a>	47
<b>The Seven Moments of Centering Prayer</b> <a href="https://www.contemplativeoutreach.org/course/48-the-seven-moments-of-centering-prayer/">https://www.contemplativeoutreach.org/course/48-the-seven-moments-of-centering-prayer/</a>	48
<b>Archaeological Dig and Spiral Staircase</b> <a href="https://www.contemplativeoutreach.org/course/49-the-archeological-dig-and-the-spiral-staircase/">https://www.contemplativeoutreach.org/course/49-the-archeological-dig-and-the-spiral-staircase/</a>	49
<b>From Contemplative into Action Part 1</b> <a href="https://www.contemplativeoutreach.org/course/73-from-contemplation-to-action-part-1/">https://www.contemplativeoutreach.org/course/73-from-contemplation-to-action-part-1/</a>	73
<b>From Contemplative into Action Part 2</b> <a href="https://www.contemplativeoutreach.org/course/75-from-contemplation-to-action-part-2/">https://www.contemplativeoutreach.org/course/75-from-contemplation-to-action-part-2/</a>	75

**Advanced Intensive Retreat**

**Spiritual Journey Videos (selections from original Parts 4 and 5)**

<b>The Night of Sense Part 1</b> <a href="https://www.contemplativeoutreach.org/course/53-night-of-sense-the-biblical-desert-part-1/">https://www.contemplativeoutreach.org/course/53-night-of-sense-the-biblical-desert-part-1/</a>	<b>53</b>
<b>The Night of Sense Part 2</b> <a href="https://www.contemplativeoutreach.org/course/55-night-of-sense-the-biblical-desert-part-2/">https://www.contemplativeoutreach.org/course/55-night-of-sense-the-biblical-desert-part-2/</a>	<b>55</b>
<b>The Night of Spirit Part 1</b> <a href="https://www.contemplativeoutreach.org/course/57-night-of-spirit-towards-transformation-part-1/">https://www.contemplativeoutreach.org/course/57-night-of-spirit-towards-transformation-part-1/</a>	<b>57</b>
<b>The Night of Spirit Part 2</b> <a href="https://www.contemplativeoutreach.org/course/59-night-of-spirit-towards-transformation-part-2/">https://www.contemplativeoutreach.org/course/59-night-of-spirit-towards-transformation-part-2/</a>	<b>59</b>
<b>The Beatitudes Part 1</b> <a href="https://www.contemplativeoutreach.org/course/61-the-beatitudes-healing-the-emotional-programs-part-1/">https://www.contemplativeoutreach.org/course/61-the-beatitudes-healing-the-emotional-programs-part-1/</a>	<b>61</b>
<b>The Beatitudes Part 2</b> <a href="https://www.contemplativeoutreach.org/course/63-the-beatitudes-healing-the-emotional-programs-part-2/">https://www.contemplativeoutreach.org/course/63-the-beatitudes-healing-the-emotional-programs-part-2/</a>	<b>63</b>
<b>The Spiritual Senses Part 1</b> <a href="https://www.contemplativeoutreach.org/course/65-the-spiritual-senses-part-1/">https://www.contemplativeoutreach.org/course/65-the-spiritual-senses-part-1/</a>	<b>65</b>
<b>The Spiritual Senses Part 2</b> <a href="https://www.contemplativeoutreach.org/course/67-the-spiritual-senses-part-2/">https://www.contemplativeoutreach.org/course/67-the-spiritual-senses-part-2/</a>	<b>67</b>
<b>The Most Excellent Path Part 1</b> <a href="https://www.contemplativeoutreach.org/course/79-the-most-excellent-path-part-1/">https://www.contemplativeoutreach.org/course/79-the-most-excellent-path-part-1/</a>	<b>79</b>
<b>The Most Excellent Path Part 2</b> <a href="https://www.contemplativeoutreach.org/course/81-the-most-excellent-path-part-2/">https://www.contemplativeoutreach.org/course/81-the-most-excellent-path-part-2/</a>	<b>81</b>

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**Advanced Intensive Retreat**

*Spiritual Journey Videos (selections from original Parts 4 and 5)*

<b>The Divine Banquet Part 1</b> <a href="https://www.contemplativeoutreach.org/course/83-the-divine-banquet-and-dance-part-1/">https://www.contemplativeoutreach.org/course/83-the-divine-banquet-and-dance-part-1/</a>	<b>83</b>
<b>The Divine Banquet Part 2</b> <a href="https://www.contemplativeoutreach.org/course/85-the-divine-banquet-and-dance-part-2/">https://www.contemplativeoutreach.org/course/85-the-divine-banquet-and-dance-part-2/</a>	<b>85</b>
<b>Prayer in Secret Part 1</b> <a href="https://www.contemplativeoutreach.org/course/87-prayer-in-secret-matthew-66-part-1/">https://www.contemplativeoutreach.org/course/87-prayer-in-secret-matthew-66-part-1/</a>	<b>87</b>
<b>Prayer in Secret Part 2</b> <a href="https://www.contemplativeoutreach.org/course/89-prayer-in-secret-matthew-66-part-2/">https://www.contemplativeoutreach.org/course/89-prayer-in-secret-matthew-66-part-2/</a>	<b>89</b>
<b>What is Divine Therapy? Part 1</b> <a href="https://www.contemplativeoutreach.org/course/91-what-is-divine-therapy-part-1/">https://www.contemplativeoutreach.org/course/91-what-is-divine-therapy-part-1/</a>	<b>91</b>
<b>What is Divine Therapy? Part 2</b> <a href="https://www.contemplativeoutreach.org/course/93-what-is-divine-therapy-part-2/">https://www.contemplativeoutreach.org/course/93-what-is-divine-therapy-part-2/</a>	<b>93</b>